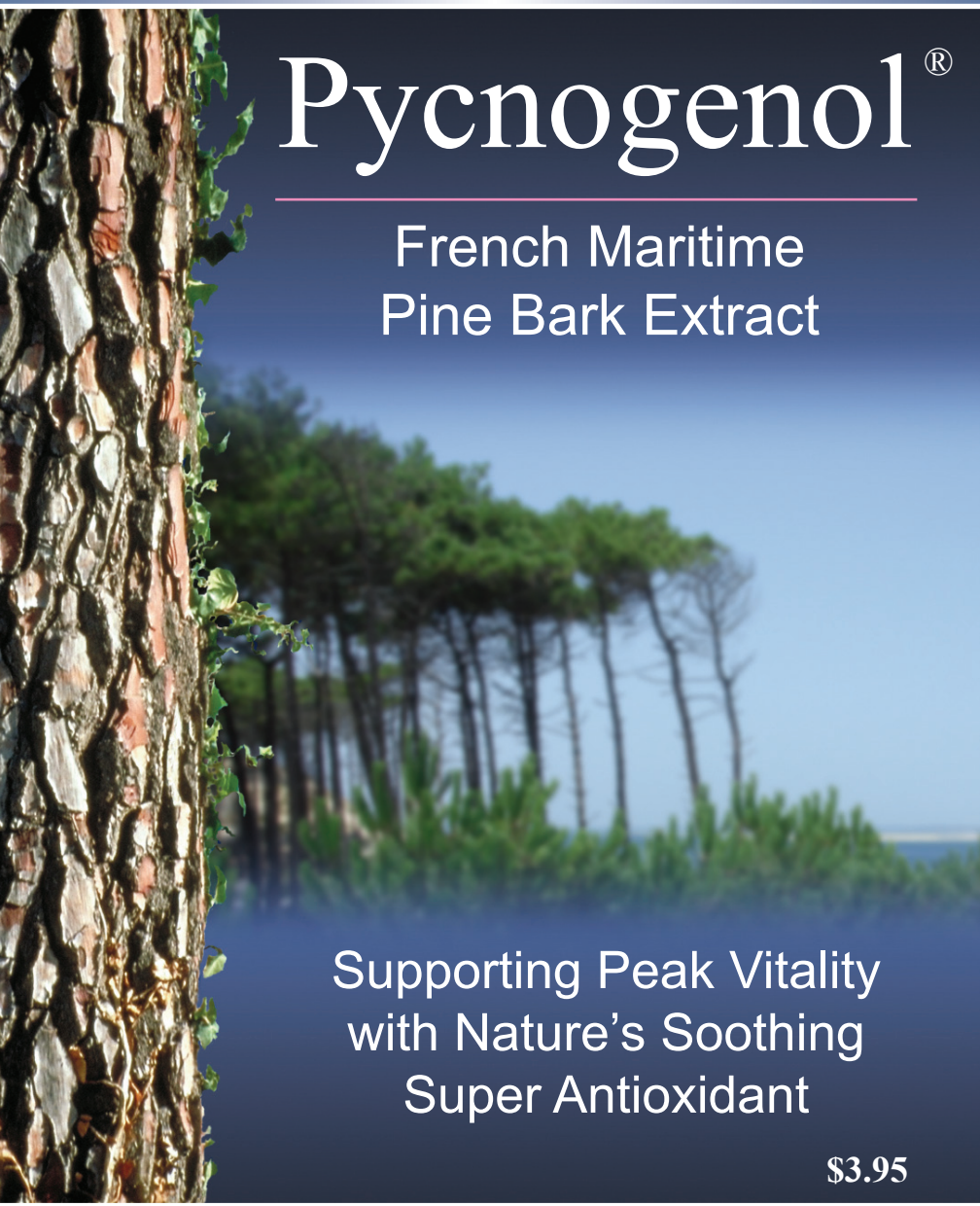
PEOPLE'S HEALTH SERIES

Pycnogenol®

French Maritime Pine Bark Extract



Supporting Peak Vitality with Nature's Soothing Super Antioxidant

$3.95

Introduction by
Fred Pescatore, MD, MPH, CCN

Pycnogenol®
French Maritime Pine Bark Extract

Typical claims for Pycnogenol include the following:

- Pycnogenol is a unique and powerful natural plant extract made from the bark of the European coastal pine, *Pinus maritima*.
- Pycnogenol is a concentrated source of proanthocyanidins, organic acids and other biologically active components.
- One of the most potent antioxidant compounds ever discovered, Pycnogenol helps defend against free radical damage.
- Pycnogenol helps to strengthen the immune system.
- Pycnogenol helps to promote healthy circulation.
- Pycnogenol supports heart health.
- Pycnogenol assists in nourishing the skin.
- Pycnogenol helps with the discomforts of PMS.
- Pycnogenol is considered by many experts to be a nutritional breakthrough.

The above claims reflect the extensive research backing Pycnogenol's ability to support health and overall well-being.

"Pycnogenol has kept me in such good health…"

Joan S.
Sarasota, FL

"Many years ago my doctor told me to take Pycnogenol. I had no complaints but he said it was for my well-being.

Today I am 92 years old. I walk one-and-a-half to two miles five days a week. I play golf every Tuesday and do volunteer work every week at the airport and the church. I do a lot of traveling. Last year I took four trips, including visiting Bulgaria and Romania and spending two weeks in South Africa. Now I am looking forward to a trip to the Amazon rainforest.

I believe my daily Pycnogenol capsule has kept me in such good health. And you can be sure I will continue to take it every day."

"I attribute it all to Pycnogenol…"

Suzanne D.
Ransomville, NY

"Wow! I don't know where to begin because I'm so full of enthusiasm when I speak of Pycnogenol. I started taking Pycnogenol after learning about it at an adult education program on herbs.

I am 62 and people take my daughter, who is 41, as my sister. My skin is great! And I used to smoke… it sounds as if I am bragging, but I attribute it all to Pycnogenol. I work as a school laborer where I'm on my feet for hours, going up and down stairs, but I always have the energy to keep up. I have been at my job for 13 years and have never called in sick, and I am exposed to every kind of germ. When I was going through the change of life, I never had real bad hot flashes.

I have a friend who had varicose veins. She took Pycnogenol and couldn't believe the relief in her legs. She also got pregnant! She and her husband had been trying for years; I wouldn't be surprised if Pycnogenol helped.

I could go on and on. I recommend Pycnogenol and give a gift bottle for Christmas or birthdays to friends and family. I'm so glad to express my thoughts of Pycnogenol, I can't say enough about it!"

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By Fred Pescatore, MD, MPH, CCN

As an integrative physician, I recommend and personally use many different supplements. Pycnogenol® would be one of my "desert island" supplements; if I were stranded on a desert island, I would want a never ending supply of Pycnogenol – it's just that good for you.

You don't have to take my word for it. Pycnogenol is one of the most evidence-based ingredients in the world with over 220 scientific publications on its safety and efficacy on a variety of health benefits. Millions of dollars are spent each year investigating new uses for this amazing super-antioxidant. This global research means the world to me, as it should to you. Although many supplements have long histories of use, it is critical to know that what you are taking is going to work.

Pycnogenol falls into the 21st century category of antioxidants. It is derived from French maritime pine trees that grow exclusively along the southwest coast of France, processed without pesticides or toxic solvents. As we learn more about antioxidants' healing powers, we recognize the importance of procyanidins, bioflavanoids and organic acids – Pycnogenol has them all. It is therefore not just a super antioxidant, but also an anti-inflammatory. Pycnogenol also binds to collagen and elastin and aids in the production of endothelial nitric oxide, which helps to naturally release blood vessel constriction.

If Pycnogenol had just one of those four properties [super antioxidant, anti-inflammatory, collagen and elastin-binding and helping with endothelial nitric oxide production], I would still highly recommend it. By having all four, Pycnogenol is a truly unique and exciting part of my health care toolbox.

So what does this mean for health? Research has investigated Pycnogenol's beneficial properties in the areas of cardiovascular health; diabetes; women's health (painful periods); skin care (dare I say anti-wrinkle?) use; fertility; asthma; allergies; oral care; and edema, jet lag and clots from traveling on long flights.

This is just a sampling of the many clinical applications that may be attributed to Pycnogenol. It may have the ability to impact almost every aspect of your health. That is why I take it every day – and why you should too.

Dr. Fred Pescatore is a key spokesperson for healthy living. His latest New York Times Best Seller, "The Hamptons Diet," along with his "Hamptons Diet Cookbook," combine the Mediterranean lifestyle with the palates of Americans – emphasizing whole foods for health and weight management. He lectures around the world and has been seen on Today, The View, AM Canada, and many other television shows. He is a correspondent for Women's World, First for Women, In Touch, US weekly and Life & Style magazines. Please visit him at www.hamptonsdiet.com or www.drpescatore.com for more information.

Pine Power

"Pycnogenol is a highly useful dietary supplement…"

"I have worked with Pycnogenol as a research material for over ten years. We first found that Pycnogenol helped lower serum levels of cardiovascular risk factors. We published a study this year that found that Pycnogenol benefited diabetics. In other studies we found that the antioxidant and anti-inflammatory effects of Pycnogenol were beneficial to many people. Clearly Pycnogenol is a highly useful dietary supplement with broad effects in humans."

Ronald Ross Watson, Ph.D.
University of Arizona, Tucson School of Medicine

"Pycnogenol: A pure, natural remedy."

Anna K.
Plano, TX

"Many years ago, while working far south in Russia, I had complications with digestive problems. A co-worker originally from a small village in Siberia noticed my suffering and told me amazing stories about folks living deep in the woods of Siberia, far from civilization, who used ancient remedies to help with health issues.

They cut slits in the bark of pine trees and collected juice that later looks like gum. They chewed on it for many health problems. An old man from their village started chewing on the hardened pine juice, and he felt stronger and looked younger than before. My friend, this young woman, had stomach problems for a long time. She chewed on the same hard pine juice and felt better. Following her advice, I chewed this pine juice, too. The effects were that I could eat without stomach discomfort, my gums got firmer and my skin looked smoother.

For many years now I have lived in Texas, far away from those nice people. But I always wanted to find a similar remedy, and here it is: Pycnogenol – a pure, natural remedy that keeps me feeling stronger and younger. When people feel healthy, they are happy… I definitely recommend Pycnogenol to everybody."

One of the world's most adaptable and enduring trees, the pine is often celebrated for its evergreen hardiness, unmistakable fragrance and geometric beauty, qualities that have tied it to cultural traditions around the globe. But pine trees also hold a deep mystery – and as the two stories that open this

chapter suggest, the pine secret once held by intuitive cultures is now being validated by the cutting-edge science of our time.

That's because within French Maritime pine bark exists **Pycnogenol®**, a unique substance promising remarkable potential for positive health change. While this extraordinary nutritional secret has been hidden away throughout the eons, only showing glimmers of its health-enhancing power, Pycnogenol's moment to shine has finally arrived.

ANCIENT WISDOM REVEALED

The presence of what is now known as Pycnogenol (pronounced "pick-NAH-jen-all") can be traced far back to ancient civilizations. Pine bark has been considered a health-promoting substance for millennia, with therapeutic applications emerging in different parts of the world as history marched on:

- **4th Century B.C.:** Greek physician Hippocrates, known as the "Father of Medicine," mentioned pine bark as a means to relieve inflammation.[1]
- **15th Century A.D.:** H. Minner, a Swiss pharmacist who compiled the *Thesaurus Medicaminum* in 1479, referred to pine bark as useful in healing wounds.[2]
- **16th Century A.D.:** German naturalist Hieronymus Boch suggested topical application of pine bark for skin ulcers and its general use in helping with skin disorders.[3]

One of the most intriguing pine bark revelations is that these legendary health figures' observations have turned out to be *incredibly accurate and far ahead of their time*.

NEW WORLD DISCOVERY

In 1535 French explorer Jacques Cartier had a historic pine bark experience that catalyzed Pycnogenol's emergence in modern times. Caught in punishing Quebec snowstorms while following the Saint Lawrence River, Cartier and his malnourished crew came down with scurvy. Many died before local Iroquois introduced the crew to a tea prepared from the bark and needles of a native pine known as the "Annedda" or "Tree of Life."[4] Upon drinking the concoction, Cartier and his remaining men recovered within days. This left a lasting impression on

the Gallic pioneer, who took notes on pine's beneficial properties.

Four centuries later, researchers at the University of Bordeaux in France came across Cartier's writings and were inspired to investigate pine bark. The researchers found that pine bark fit perfectly into their work with bioflavonoids (health-promoting plant pigments), especially the antioxidant bioflavonoid compounds known as oligomeric proanthocyanidins (OPCs). It was discovered that the **French Maritime Pine** (*Pinus maritima*), a tree found in serene forests along the coastlines of southwestern France, was rich with the beneficial plant compounds that saved Cartier and crew – and thus **Pycnogenol** came to be.[5]

Did you know?
Originally, "Pycnogenol" was the scientific name for a class of polyphenols, but it now refers to a special patented blend of proanthocyanidins extracted from French Maritime Pine bark.[6] Modern-day Pycnogenol offers numerous advantages over pine bark concoctions of the past; including standardization (which ensures consistent levels of active ingredients) and advanced pharmaceutical-grade processing for purity and potency.

Ongoing research has revealed that Pycnogenol has far more nutritional value than originally anticipated. Experts now believe that Pycnogenol performs the following important biological actions within the human body:

- Considered a "Super Antioxidant," Pycnogenol helps **protect against free radical damage.**[7]
- By influencing endothelial nitric oxide production, Pycnogenol may **promote healthy circulation.**[8]
- Pycnogenol is believed to help **regulate the immune system** and **modulate the body's inflammatory response.**[9,10]
- Pycnogenol **binds to** and **protects collagen and elastin**, helping bring its nutritional support to the skin, arteries, organs and connective tissues.[11]

With these four important biological keys, Pycnogenol may unlock peak vitality across multiple body systems, structures and functions, delivering support for heart health, cholesterol levels, healthy blood pressure maintenance, immunity, skin health, healthy aging and much more. Read on to learn about how one supplement can have such far-ranging influence on our well-being.

Pycnogenol Polypill

"I believe Pycnogenol to be Nature's 'polypill'…"

"Pycnogenol is an evidence-based nutraceutical with over 200 peer reviewed scientific papers and over 30 years of research. I believe it to be Nature's 'polypill,' reducing the inflammation that may be a contributing factor to hypertension and thrombosis. I have been recommending Pycnogenol to my patients and my family for over 10 years."

Steven Lamm, M.D.
Clinical Assistant Professor, New York University

"I've been reaping the benefits since I discovered Pycnogenol."

"Twelve years ago I discovered Pycnogenol – and I've been reaping the benefits since. Since taking Pycnogenol I've noticed that I have clearer thinking, more energy, nicer skin and fewer asthma-related problems such as wheezing and trembling. I have better circulation, overall advanced healing, and fewer vision disturbances. And what a surprise, my hair is even healthier!

Four years ago I was injured in a car accident. I believe my recovery was faster (only hospitalized five days) and I gained strength more rapidly because I was already using Pycnogenol.

Indeed, I have recommended Pycnogenol to many people. In fact, I currently have my mother taking Pycnogenol to help protect her from damaging ultraviolet rays during sun exposure. I truly believe in preventative medicine. We all need extra support for our immune systems, which contend daily against environmental factors. The unexpected benefits I receive from Pycnogenol include a stronger heart rhythm."

Debbie V.
Clio, MI

MANY COMPOUNDS, MANY ROLES

Pycnogenol's® "polypill" reputation is partly due to its symphony of health-promoting plant compounds – including bioflavonoids such as catechin, epicatechin, taxifolin, momoners, catechin, epicatechin, oligomeric procyanidins and phenolic fruit acids.[12] From these bioflavonoids stem Pycnogenol's many biological activities in the body, bringing its polypill reputation full-circle.

Science is beginning to understand why Pycnogenol's diverse mechanisms

of action may deliver such a varied assortment of health benefits. With its roles in **free radical defense**, **circulation**, **immunity** and **collagen and elastin-binding**, Pycnogenol could benefit the body's most mission-critical health systems. Let's examine why these areas are so important, as well as investigate some theories on how Pycnogenol might work within them.

FREE RADICAL THREATS

Pycnogenol is most famously known as a "Super Antioxidant" that helps defend the body against free radical damage. Free radicals are volatile molecules that smash against neighboring molecules in the body in order to "steal" the electron they need for stability. This smashing action may damage cell membranes and DNA, leading to significant health consequences.

As the antioxidant pioneer Dr. Denham Harman suggested in his groundbreaking *Free Radical Theory of Aging*, "Aging and the degenerative diseases associated with it are attributed basically to the deleterious attacks of free radicals on cell constituents and on the connective tissues."[13] Fifty years later, Harman's theory remains widely accepted; in fact, modern research has validated Harman's link between free radicals and many health problems:

- Free radicals are believed to oxidize LDL (bad) cholesterol, increasing risk for atherosclerosis, strokes and heart problems.[14]
- Free radicals have been implicated with chronic inflammation, diabetes and diabetic complications, and neurodegenerative problems.[15,16,17]
- Free radicals are believed to accelerate the aging process.[18] This relates to both visible signs of aging (skin) and age-related health conditions.

In addition to being an unavoidable byproduct of activities like exercising and breathing, free radicals can come from external sources such as environmental toxins, ultraviolet light, smoking, alcohol, emotional stress, chemical household cleaners and air pollution. Our modern world's abundance of these stressors could be overwhelming us with more free radicals than our bodies are equipped to handle – a state known as oxidative stress.

A BIOAVAILABLE SUPER ANTIOXIDANT

In order to combat free radicals, the body needs substances called antioxidants to be flowing through the body. Antioxidants donate electrons freely, thereby neutralizing free radicals and ending their cellular damage.

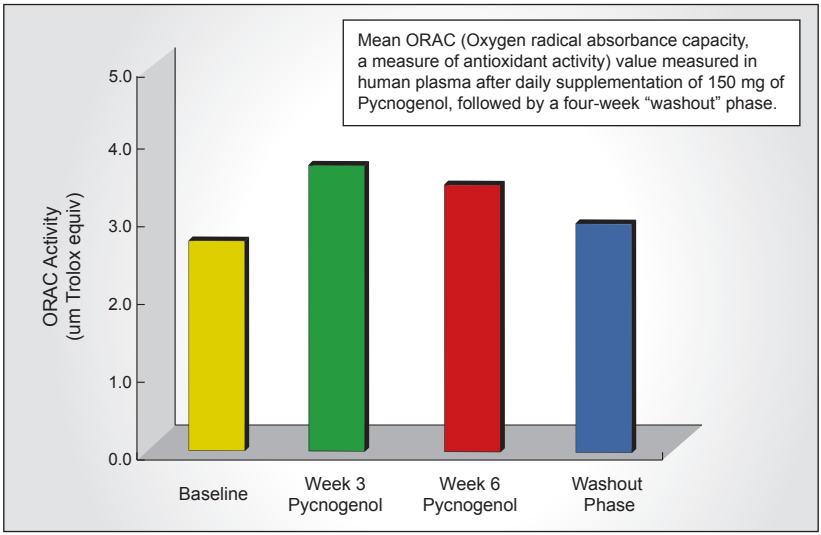
As a Super Antioxidant, Pycnogenol appears to offer multiple advantages that may help to support our natural defenses against free radical damage:

- **Pycnogenol** is one of the most potent antioxidant substances known, encompassing a network of 40+ different antioxidant bioflavonoids.
- **Pycnogenol** has been found to help other critical antioxidants: It "recycles" vitamin C and protects vitamin E from oxidation.[19,20]
- **Pycnogenol** may support defenses by increasing internally-generated

antioxidant enzymes and glutathione, an important cellular antioxidant.[21]

- **Pycnogenol** has been found to block certain chemical reactions within the body that result in the internal generation of free radicals.[22]

Research further suggests that Pycnogenol might be an ideal antioxidant supplement because it is highly absorbable. In one small study, researchers reported that while subjects took 150 mg of Pycnogenol daily, their antioxidant capacity (ORAC activity) was **increased by 40%**. Researchers concluded that Pycnogenol "considerably improves antioxidant protection in plasma."[23]


Mean ORAC (Oxygen radical absorbance capacity, a measure of antioxidant activity) value measured in human plasma after daily supplementation of 150 mg of Pycnogenol, followed by a four-week "washout" phase.
ORAC Activity (um Trolox equiv)
5.0
4.0
3.0
2.0
1.0
0.0
Baseline
Week 3 Pycnogenol
Week 6 Pycnogenol
Washout Phase

Pycnogenol's multifaceted antioxidant activity is one reason why so many experts regard it as a nutritional breakthrough of the 20th century. Acting as a powerful cellular shield, Pycnogenol may help to bolster immunity, fight the premature aging of cells and help protect against other free radical-induced damage – translating into far-reaching nutritional support for peak vitality.

CIRCULATORY SYSTEM

Robust circulation is the foundation of peak cardiovascular health and overall well-being. After all, circulation delivers life-giving oxygen and nourishing nutrition to all cells and tissues, while also flushing away dangerous toxins and enabling immune cells to defend the body from pathogens.

Poor circulation can create health problems. In atherosclerosis, for example, plaque builds up and hardens in the arteries, making blood vessels stiff and narrow. Organs, tissues and extremities can then be starved of oxygen-rich blood – leading to frustrating symptoms like leg pain, tingling and numbness, as well as increasing risk for far more serious cardiovascular events.

According to the Minnesota Heart Survey, many different cardiovascular problems can be traced to the same risk factors: Free radical damage, inflammation, constricted or damaged blood vessels, platelet aggregation, unhealthy cholesterol levels and high blood pressure. **Pycnogenol holds exciting cardiovascular health potential because its biological activities appear to address several key cardiovascular performance areas**:

- Pycnogenol supports healthy circulation by promoting relaxed, open blood vessels and helping to protect blood vessels' inner lining.
- Pycnogenol may help maintain healthy platelet aggregation in some populations.
- Pycnogenol helps to support healthy cholesterol levels.

In conjunction with lifestyle factors that promote good circulatory performance, such as stress reduction, exercise and weight management, Pycnogenol's biological benefits could assist in promoting cardiovascular health.

IMMUNE SYSTEM

Inflammation is the immune system's mighty double-edged sword. When properly wielded, this weapon can heal injuries and protect us from pathogens. However, if the inflammatory response misfires, overreacts, or is needlessly prolonged, this sword turns itself on the body, attacking and destroying healthy tissues with the same ferocity as it defends us.

Immune system and inflammatory dysfunctions are believed to underlie many health issues, including heart problems, arthritis, asthma, inflammatory bowel issues, hypertension, atherosclerosis and more. Some experts even characterize chronic inflammation as "the root of all disease."

Pycnogenol's ability to help modulate the body's inflammatory response represents one of its most vital roles in supporting vibrant health. Experts are intrigued by research that suggests Pycnogenol may have a far-ranging influence on inflammation:

- Pycnogenol has been found to quench the free radicals that result from inflammation, thereby helping to regulate inflammation.
- Animal studies suggest that Pycnogenol inhibits the release of pro-inflammatory histamines from mast cells. Histamines are associated with allergies and some immune disorders.[24]
- Animal studies suggest that Pycnogenol may help control elevated levels of interleukin-6, an inflammatory marker.[25]
- In a small human study, researchers found that Pycnogenol significantly inhibited the pro-inflammatory enzymes COX-1 and COX-2. The researchers also reported "a strikingly rapid bioavailability of bio effective compounds after oral intake of the Pycnogenol extract."[26]

In playing a part in immune system regulation, Pycnogenol may help to strengthen

our most important shield against a range of threats to our well-being.

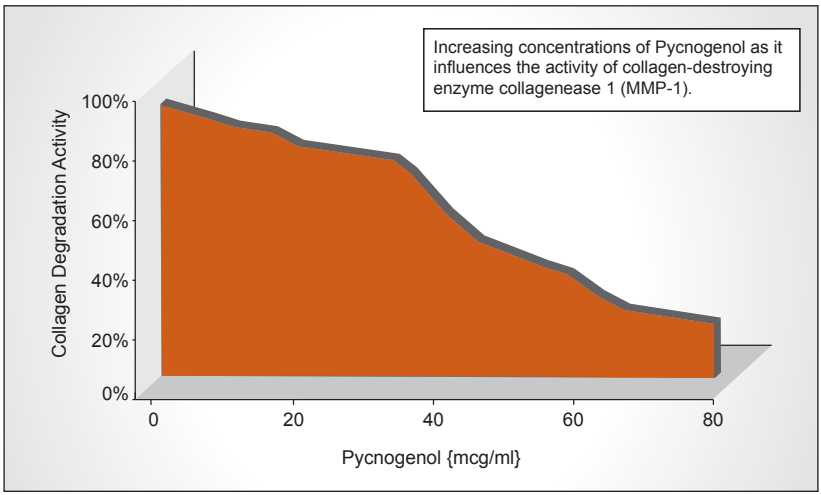
COLLAGEN AND ELASTIN

The fibrous proteins collagen and elastin are critical "building block" components of many different body tissues, lending strength, stability and flexibility to blood vessels, skin, cartilage, tendons, ligaments and more.

Unfortunately, as we grow older some enzymes – including matrix metalloproteinases (MMPs) – are known to break down collagen and elastin. This degradation is associated with visible signs of aging in the skin, such as wrinkles and sagging, along with internal structural problems with joint health, arterial stiffness and more. Maintaining flexible and abundant collagen and elastin is a desirable health goal – and Pycnogenol might just help.

Pycnogenol has a natural affinity for collagen and elastin. As Pycnogenol binds to these proteins, it lends structural support along with targeted delivery of its antioxidant and inflammation-modulating properties. Pycnogenol is believed to help reinforce arterial walls, "seal" leaky capillaries and promote venous flexibility. It may also help protect cartilage's cushiness, maintain connective tissues and promote smooth, youthful-looking skin.

- In addition to helping strengthen collagen and elastin throughout the body, research suggests that Pycnogenol may block some enzymes that are responsible for the degradation of collagen and elastin.[27]



Pycnogenol's involvement in **free radical defense**, **circulatory system performance**, **immune function** and **collagen and elastin health** appear to support our well-being on multiple levels. Let's dig deeper and examine scientific research that investigates Pycnogenol's influence on specific aspects of health – including some areas that may come as a pleasant surprise.

Evergreen Cardiovascular Health

"I think Pycnogenol would help whatever is wrong with you."

Evelyn G.
Perry, GA

"I am 75 years old and I started taking Pycnogenol approximately five months ago. Last month I noticed that my cholesterol had dropped to 169, and for the past two months I have noticed that my blood pressure seems to be more stable in the afternoons.

I also have joint problems with my knees, but with Pycnogenol I have been able to walk better with less discomfort. I recommend Pycnogenol to anyone. I think it would help whatever is wrong with you."

"I want to feel alive and Pycnogenol does this for me."

"I have heard several doctors praise Pycnogenol and discuss its many benefits: Its superior antioxidant properties, its support for a healthy heart, its help with blood pressure, and its ability to promote a feeling of good health. I am happy to have learned about Pycnogenol because it has helped me with many health problems. I have also experienced more energy on a daily basis. I will definitely continue to take Pycnogenol… I want to feel alive and Pycnogenol does this for me. My dear friends take Pycnogenol too. They looked at my good health and decided to join me and my Pycnogenol."

Thelma J.
Fairfield, NJ

The cardiovascular system consists of the heart, blood and blood vessels, including veins, arteries and capillaries. Cardiovascular problems encompass a wide range of detrimental health conditions in these vital sectors of the body and account for the most deaths annually in the US. Many of these cardiovascular issues are attributed to dysfunctions of blood vessels and circulation.

Free-radical induced oxidative stress, for example, plays a key role in arteriosclerosis, particularly its plaque-induced form, atherosclerosis. While arteriosclerosis wreaks havoc on circulation by limiting blood flow, platelet

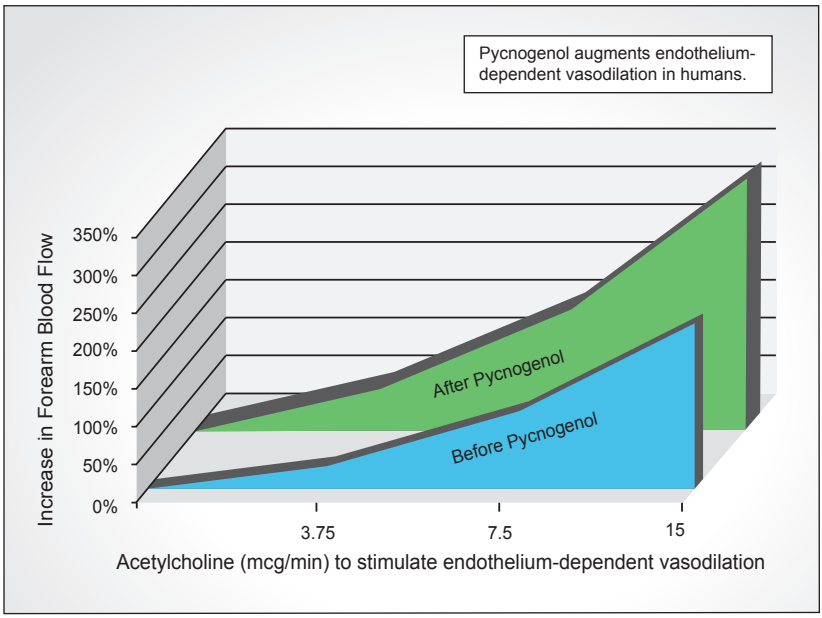
aggregation can have a similar effect, causing clots that can block blood flow to the brain, extremities, or heart. Weakened blood vessels can malfunction, leading to internal bleeding or aneurysm. Meanwhile, parallel conditions – high blood pressure, diabetes, high cholesterol, and elevated inflammatory markers – can further increase risk for cardiovascular problems.

Pycnogenol's® four core actions of antioxidant protection, inflammation modulation, vasodilation (opening blood vessels) and collagen-binding are believed to be well-suited for supporting cardiovascular system health. Let's examine some of the studies that investigate Pycnogenol's efficacy in the cardiovascular realm and review the theories on why Pycnogenol might help.

CIRCULATION

Pycnogenol may promote healthy circulation by interacting with the endothelium, which lines the insides of all the body's blood vessels. Pycnogenol is believed to stimulate and regulate the endothelium's production of a signaling compound called nitric oxide (NO). NO signals blood vessels to relax and open up – promoting robust, free-flowing circulation.

- In one study with 16 healthy male students, Japanese researchers found that taking 180 mg of Pycnogenol daily for two weeks appeared to enhance arterial relaxation and increase blood flow compared to placebo. Researchers suggested that Pycnogenol may augment endothelium-dependent vasorelaxation by stimulating proper NO production.[28]



Did you know?
When Pycnogenol helps to regulate nitric oxide production, it's supporting a molecular celebrity. Nitric oxide (NO) was named "Molecule of the Year" by *Science* journal in 1992. Six years later, a team of scientists received the Nobel Prize for Physiology and Medicine for their work in discovering NO's critical biological roles in human health.[29] NO is associated with cardiovascular, cognitive and immune health, in part due to its following biological actions:

- NO mediates blood pressure and prevents blood cell clumping (platelet aggregation), making it a crucial component in optimal circulation.[30]
- NO encourages vasodilation, promotes blood vessel repair and new blood vessel growth, and protects the heart from injury and cell damage.[31]
- NO's close relationship with peak cardiovascular system performance allows for greater efficiency in the body's use of oxygen.[32]
- NO is believed to neutralize harmful free radicals in artery walls.[33]
- Research suggests that NO helps with signaling between neurons.[34]
- NO's benefits even extend to the immune system, where it plays a role in regulating immune and inflammatory responses.[35]

MICROCIRCULATION

Human studies have further investigated how Pycnogenol may influence circulation in the capillaries, which are the body's smallest blood vessels. Capillary health is important because these tiny blood vessels play a role in delivering oxygen, blood and nutrients to the tissues, regulating blood pressure and other health-essential activities.

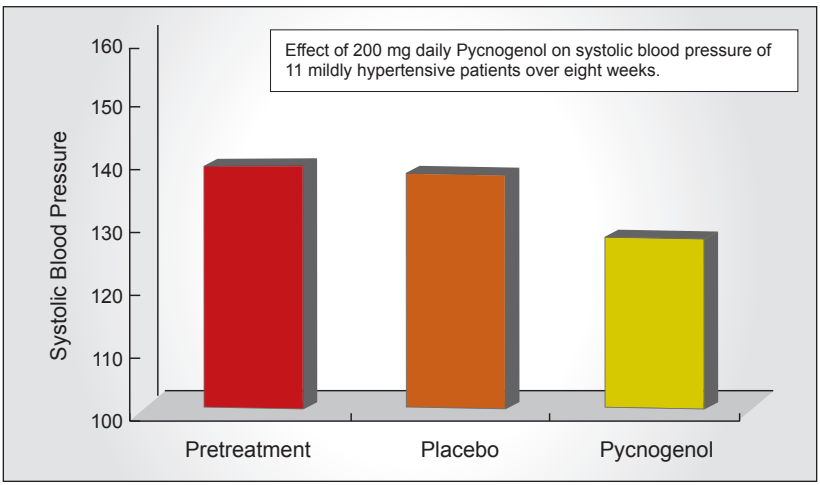
- One study tracked 60 patients between the ages of 45 and 75 with coronary artery problems. Over four weeks, half the patients received 150 mg of Pycnogenol three times daily while the rest received a placebo. Throughout the study, patients were tested for microcirculation, platelet function, and other factors. At study's end, researchers found that **53% of the Pycnogenol participants experienced an improvement in microcirculation** and an increase in the diameter of their micro vessels. Additionally, the researchers found that platelet aggregation (a clumping of sticky blood cells) was significantly decreased in the Pycnogenol group.[36]

Nutritional support that helps to open up blood vessels and keep blood "slippery" could translate to enhanced circulation and microcirculation. Improved circulation may be one of the keys to vibrant well-being and optimal quality of life, offering benefits across multiple body systems.

BLOOD PRESSURE

In addition to assisting with circulation, Pycnogenol's vasodilation may help with blood pressure. Pycnogenol may also support red blood cell membrane fluidity, which helps promote healthy blood pressure and microcirculation.[37,38]

- In one small study, mildly hypertensive subjects took 200 mg of Pycnogenol or placebo daily for eight weeks. At study's end, researchers found that Pycnogenol was associated with a significant decrease in systolic blood pressure. Subjects taking Pycnogenol were also found to experience a significant decrease in serum thromboxane B2, a vasoconstrictive lipid involved in blood clotting. Researchers attributed these promising results to Pycnogenol's antioxidant power and ability to stimulate NO production, concluding that **Pycnogenol may help with blood pressure.**[39]



In helping to maintain healthy blood pressure in a normal range, Pycnogenol could assist with the one of the most important aspects of maintaining cardiovascular wellness.

"My blood pressure medications were working, but the side effects worked a number on me... my nights were plagued with restless legs. I complained to my daughter, a Registered Nurse, until one day she called to let me know that she had been researching my problem. She thought I should try Pycnogenol, and I did. Within a few days I noticed a difference. In four weeks my restless legs were considerably better. Within a three-month period I was back to 100%. I was elated. My overall health improved as well."

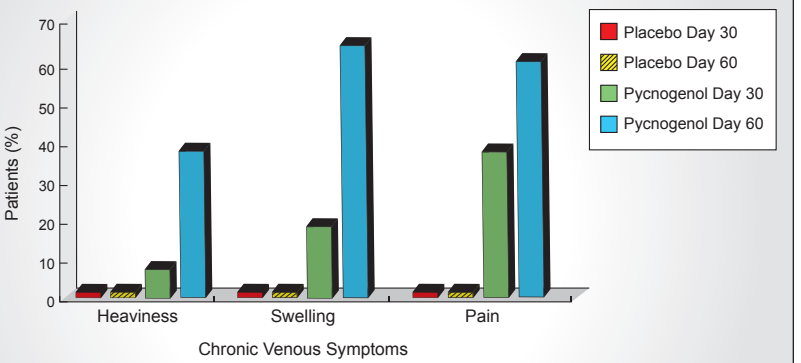
Linda K.
Leakey, TX

CHRONIC VENOUS INSUFFICIENCY

Chronic venous insufficiency (CVI) is a circulatory problem in which leg veins struggle to pump blood back to the heart due to faulty valves. This causes blood to pool in the legs and feet, which can increase permeability of capillaries in the legs and damage valves and veins. CVI can bring miserable symptoms like varicose veins; leg swelling, tightness, heaviness and pain; skin discoloration; and leg ulcers.

While CVI is often associated with standing or sitting for long periods of time, the condition is also associated with deep vein thrombosis (a type of blood clot), obesity, high blood pressure, venous inflammation, smoking and insufficient exercise. Thankfully, evidence suggests that Pycnogenol may help the 20-25% of American women and 10-15% of American men with CVI.

- One study randomly assigned 40 CVI patients 300 mg of Pycnogenol or placebo daily over the course of two months. At the study's end, researchers revealed that **60% of patients in the Pycnogenol group enjoyed a complete disappearance of CVI swelling and discomfort**, while 33% experienced disappearance of leg heaviness. Researchers proposed that Pycnogenol's antioxidant activity may help to protect the endothelium, thereby reducing permeability of capillaries; they also suggested Pycnogenol's collagen-binding activity may stabilize capillaries and reduce capillary leakage. Researchers reported that these results suggest that Pycnogenol is effective in helping patients with CVI.[40]

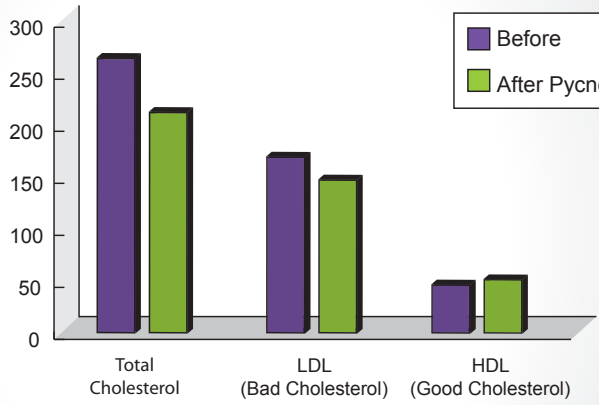


Approximate percentage of patients showing disappearance of symptoms after 30 and 60 days of treatment with placebo or Pycnogenol.

Studies that suggest that Pycnogenol may have a positive influence on chronic venous insufficiency reflect its reputation for promoting healthy circulation.

HEALTHY CHOLESTEROL

One study investigating Pycnogenol's influence on CVI found an unexpected benefit: healthy cholesterol support. In the study, 40 patients took either 600 mg of horse chestnut seed extract or 360 mg of Pycnogenol every day over four weeks. At study's end, researchers found that Pycnogenol not only eased CVI symptoms, but was also associated with significantly reduced blood levels of total cholesterol and LDL ("bad") cholesterol. Specifically, researchers found **total cholesterol was reduced by 19.7%, and LDL cholesterol was reduced by 13%**. An increase in HDL ("good") cholesterol was also recorded.[41]



Cholesterol levels of 40 study participants before and after a four-week course of 360mg daily Pycnogenol supplementation.

Pycnogenol's antioxidant activity is also believed to inhibit the oxidation that makes "bad" LDL cholesterol even worse for heart health.

PLATELET AGGREGATION

Platelet Reactivity Index is a measure of platelet aggregation (stickiness), which is associated blood clot formation and the onset of cardiovascular problems. Pycnogenol was evaluated as a means of modulating platelet aggregation in smokers. Remarkably, when tested in the group of 18 heavy smokers, researchers found that **a single 200 mg Pycnogenol serving appeared to significantly and immediately reduce platelet aggregation, an effect that then lasted six days**.[42]

Pycnogenol's polypill reputation is realized in this study: Researchers suggested Pycnogenol may help support healthy platelet reactivity by assisting in relaxing blood vessels and inhibiting blood clumping.

Immune Supporting, Inflammation Soothing

"Pycnogenol is great!"

Marilyn H.
Escondido, CA

"I work in a machine shop where I peel steel and aluminum all day long, using knives and other hand tools. Several years ago, my neck and trapezius muscle were so inflamed that the company sent me to the doctor. It took lots of ibuprofen to get that stiff neck settled down.

I was reading several vitamin and herb books and found out about Pycnogenol. I learned that Pycnogenol helped vitamin C work well in the body. I started taking Pycnogenol every morning with my vitamin C. I have been taking them together for three or four years now.

The first thing I noticed is that I hardly ever get sick anymore, even though others around me might be coughing and sneezing. The next thing I realized is that my trapezius muscle does not get inflamed anymore. I feel like I can work right alongside the younger people without getting sore and damaging my body. Pycnogenol is great! Thanks to God for its natural healing and life-sustaining benefits!"

Pycnogenol's® far-ranging influence on inflammation and immunity has led researchers to suggest that its bioflavonoids could be useful for not only the cardiovascular problems discussed in the last chapter, but also with inflammatory and autoimmune issues.[43] Some of the most exciting research to date suggests that Pycnogenol might help with joint health and respiratory health, potentially offering assistance to millions.

JOINT DISCOMFORT

By its very definition, osteoarthritis is joint inflammation. As joints sustain damage over time, the body unleashes inflammatory mediators and enzymes that can destroy cartilage, inhibit "shock-absorbing" collagen production, and accelerate wear and tear. These factors can generate more inflammation and set a vicious cycle in motion.

Researchers have undertaken study of how Pycnogenol's inflammation modulation, collagen-binding, and antioxidant properties might help with joint discomfort. Researchers have also suggested that Pycnogenol's circulatory benefits might help people whose circulatory function is impaired by joint mobility limitations.

- In a three-month study of 156 patients with osteoarthritis, researchers reported that those taking 100 mg of Pycnogenol daily enjoyed a **56% reduction in symptoms such as discomfort, stiffness, and impaired function**, while their treadmill walking distance **nearly tripled**. Researchers concluded that Pycnogenol could help relieve discomfort and increase mobility in those with joint problems.[44]

- A follow-up study found that in the Pycnogenol group, plasma **free radicals were reduced by about 30%**, while CRP levels (an inflammatory marker) decreased from 3.9 mg/L to 1.1 mg/L. Researchers concluded that Pycnogenol's antioxidant protection could help to ease oxidative stress and inflammation in joints.[45]

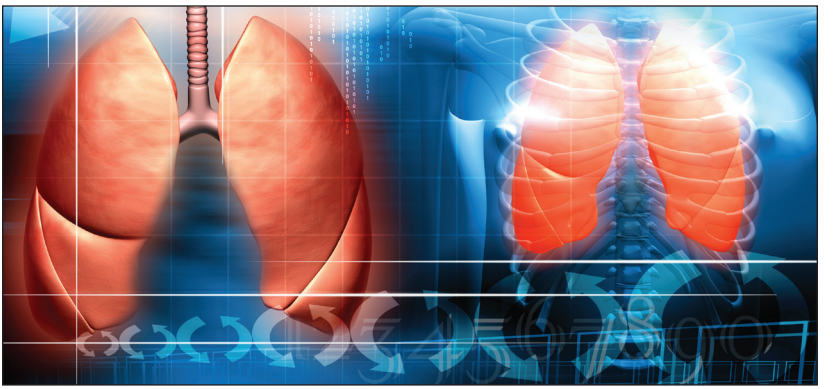
"I lived with worsening joint discomfort and stiffness for years. I was always active, and could not see myself unable to do the things that make me happy. A newspaper article on Pycnogenol changed my life. I have now been taking 100 mg of Pycnogenol daily for three months. The change that Pycnogenol has made in my joint discomfort is so much more than I ever hoped for."

Rebecca N.
Bristol, FL

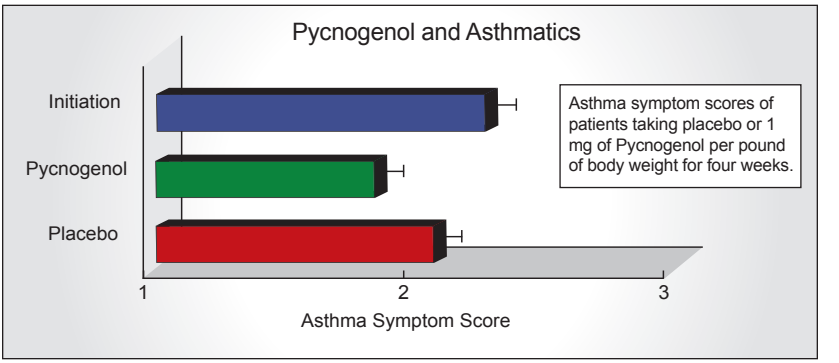
RESPIRATORY HEALTH

Asthma is a widespread inflammatory problem in which the immune system overreacts to inhaled allergens or other triggers such as exercise or stress. The subsequent aggressive inflammatory response constricts airways and

stimulates mucosal secretion, leading to wheezing, breathing difficulty and discomfort. Inflammation-modulating Pycnogenol has shown some promise for helping to support respiratory health in early trials.



- In one pilot study, 26 asthma patients took 1 mg per pound of body weight of Pycnogenol daily (up to 200 mg per day) for four weeks. At study's end, researchers reported that Pycnogenol supplementation was associated with a statistically significant improvement in forced exhalation volume (a measure of lung function) and asthma symptom scores. Researchers concluded that **Pycnogenol may be valuable for asthma management**.[46]

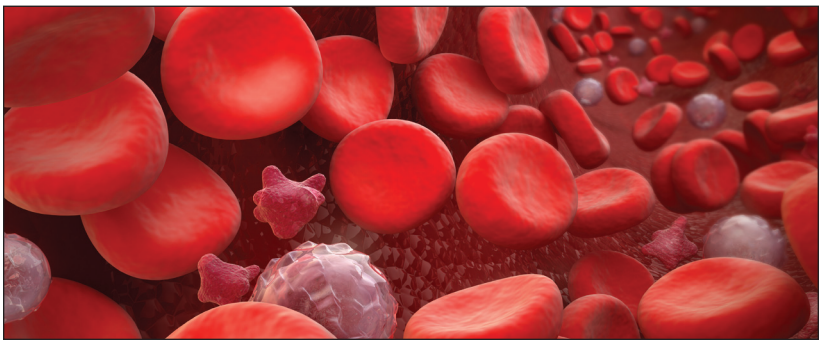


"Before taking Pycnogenol, I had breathing problems and allergies. All of those miseries are gone. Anything pertaining to my lungs has improved. I recommend Pycnogenol to everyone I talk to. When I hear someone coughing their head off, I say, 'I coughed like that until I took Pycnogenol.'"

Jo Anna H.
Santa Rosa, CA

IMMUNE RESPONSE

Pycnogenol's influence on inflammation reflects one way that it may support healthy immunity. One expert has suggested that Pycnogenol may also "promote normalization of the immune system at both the molecular and cellular levels."[47] A few small trials appear to support this theory, and suggest an even deeper relationship between Pycnogenol and immune systems.



- Researchers have found that mice infected with retro virus and administered Pycnogenol appeared to have reduced levels of pro-inflammatory compounds and improved activity of natural killer cells, which are important players in a healthy immune response.[48]
- Researchers have suggested that Pycnogenol appears to help with viral myocarditis (viral heart inflammation) in animals. Researchers attributed this to Pycnogenol's modulation of pro-inflammatory compounds and mast cells, along with its apparent ability to decrease viral replication.[49]

Carol M.
Export, PA

"I started using Pycnogenol 10 years ago. I seem to heal quickly. Will I say it's Pycnogenol? Can't for sure, but I'm not planning on stopping taking it to find out. I have recommended Pycnogenol to many people… I hope more people find out how such an amazing nutrient can really change your life."

Immunity and inflammation are the body's first defense against all health threats. Pycnogenol's ability to help modulate these critical biological activities is suggestive of an amazing relationship with the human body – as a pure substance that may harmonize with nature's most powerful gift for protecting well-being.

Skin Solutions

"Most people think I'm 15 years younger than I am."

Richard G.
Beaver, UT

"I am a 51-year-old health nut and martial artist. I train hard and I'm aware of the importance of having extra antioxidants in my body. I had been supplementing with traditional products for many years (multivitamin, Ester-C, vitamin E, colloidal minerals and others) when in 1993 I heard of Pycnogenol. I acquired it and began saturating my body with 30 mg for each 20 pounds of my body weight for a couple of weeks. I then dropped to 120 mg a day for quite some time. I currently maintain at 60 mg per day.

The first thing I noticed was a decrease in my smile lines and better skin… most people think I'm 15 years younger than I am. I've since recommended Pycnogenol to many people for many reasons."

"Hooray for Pycnogenol!"

Joan S.
Carbondale, IL

"I have a wonderful Pycnogenol story: I was recently hospitalized for 10 days with a debilitating illness. This was followed with six weeks of rehabilitation. By the time I came home I had developed large red, black and blue blotches up and down my arms. These bruise-like marks on my arms weren't painful, but were unsightly and caused me great concern and embarrassment. When I showed my arms to my chiropractor, he identified the bruises as broken capillaries just under the surface of my skin and suggested Pycnogenol. In a matter of weeks of taking 120 mg of Pycnogenol daily the bruises disappeared. As long as I faithfully take my Pycnogenol, my arms stay clear and free of broken capillaries. Hooray for Pycnogenol!"

Smooth, supple and unblemished skin helps us feel youthful and self-assured. Unfortunately, as we age the body's natural production of collagen and elastin – skin's building blocks – diminishes. In addition to age-related skin degradation, external assaults such as toxins, pollutants, and the sun's damaging rays can all unleash inflammation and free radical-induced "photoaging" of the skin – resulting in visible wrinkles, discoloration and sagging.

Pycnogenol's® influence on healthy skin has long been hailed in Europe, where it is a primary ingredient in many anti-aging skin creams and serums. Science is now verifying that Pycnogenol's core polypill functions may be ideally suited for skin health applications:

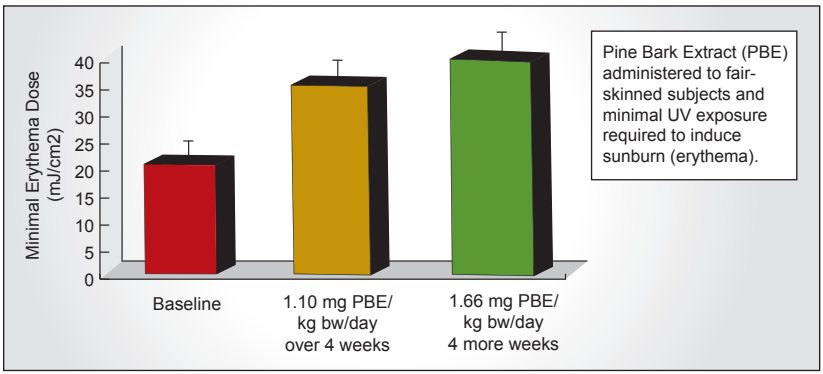
- Pycnogenol may support healthy-looking, vibrant skin by promoting microcirculation and nutrient delivery to the skin.
- Pycnogenol may give skin a youthful look by helping to protect against the inflammation and free radical damage of sunburn and photoaging.
- Pycnogenol preferentially binds to collagen and elastin, the skin's core components – enabling it to provide on-site antioxidant protection, inflammation modulation and structural support.

Pycnogenol is also believed to naturally stimulate an increase in collagen and elastin production. Let's examine some early evidence that suggests Pycnogenol's properties may help with keeping skin looking firm, resilient and healthy.

ULTRAVIOLET RADIATION

The sun's UV radiation is a notorious skin-damager, partly because of UVB-induced free radical damage and inflammation – also known as sunburn. Research suggests that Pycnogenol may help with sunburn by reducing UVB-induced oxidative injuries to human skin fibroblasts.[50]

- One small study of 21 brave fair-skinned volunteers measured how Pine Bark Extract might influence sunburn. Study subjects were given 1.10 mg of Pine Bark Extract per kilogram of body weight for four weeks, followed by 1.66 mg per kilogram of body weight for an additional four weeks. At study's end, researchers reported that the ultraviolet radiation level necessary to induce sunburn was significantly increased while subjects took Pine Bark Extract – leading researchers to suggest that supplementation with Pine Bark Extract may reduce sunburn.[51]



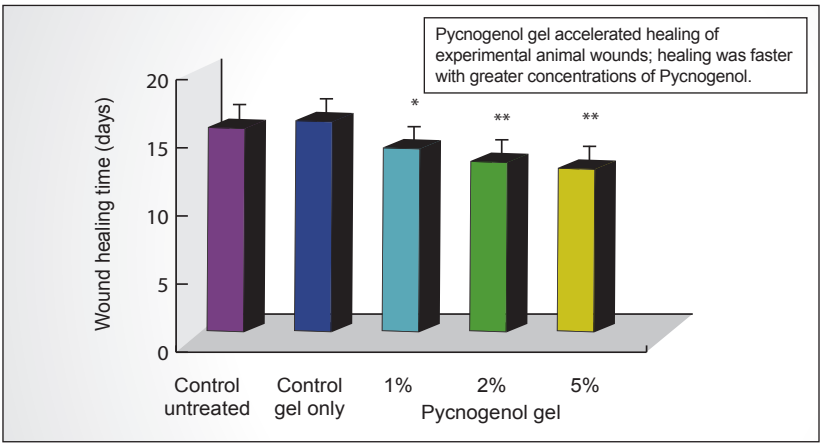
- An animal study examining topical Pycnogenol application echoed these results – finding that the greater the concentration of Pycnogenol in gel applied to skin before UV ray exposure, the less erythema (sunburn redness) resulted. Researchers suggested that this result was due to Pycnogenol's regulation of the inflammatory response and ability to quench free radicals associated with UV exposure.[52]

MELASMA

Research suggests that Pycnogenol may help with melasma, a splotchy discoloration of the skin associated with sun exposure and pregnancy. One study tracked 30 women with melasma who took 75 mg of Pycnogenol daily over the course of 30 days. At study's end, researchers found that **80% of the women taking Pycnogenol enjoyed an improvement**, specifically, a reduction in the pigmentation intensity and a reduction in the size of areas affected by melasma. Researchers concluded that Pycnogenol appeared to be therapeutically effective and safe for patients suffering from melasma.[53]

WOUND HEALING AND SCAR FORMATION

In one animal study, experimental wounds were treated with either a placebo gel or a gel containing one percent, two percent or five percent Pycnogenol. Researchers tracking the healing progress of the wounds reported that the Pycnogenol appeared to significantly accelerate the healing process while also reducing scar formation. Researchers observed that these benefits increased as greater concentrations of Pycnogenol were used.



Researchers concluded this study by suggesting that Pycnogenol's multifaceted influence on free radical defense, healthy inflammatory response and collagen-binding accounted for the beneficial results, and stated that Pycnogenol is "a potent material for the treatment of minor injuries.[54]

Pycnogenol Branches Out

"My general health seemed to improve..."

George G.
Hermet, CA

"I had been taking vitamin C and other nutrients for years, but with Pycnogenol I noticed a difference: My general health seemed to improve.

I have faithfully taken Pycnogenol and realized that at 88 years of age, I'm still driving, shopping and getting in the hot tub. I'm still able to cook and can read without glasses! That's a miracle! I can even go to estate sales, which I always enjoyed. Also, my joint problems have not progressed. I tell friends about this wonderful supplement; I will continue using it indefinitely. May my story encourage others to try Pycnogenol, especially seniors."

"Pycnogenol has truly changed my life for the better."

"I always believed Pycnogenol was helpful, but did not realize how helpful until recently. I spent five straight days in the hospital with my dying mother-in-law, and not once did I think about missing my daily Pycnogenol.

The physical effect was evident the second day: My legs began to ache and feel very heavy. I was very tired; my energy was low. I also had a difficult time moving around. I associated all of this with the emotional toll we were under.

The very first night that I came home I started taking the Pycnogenol again. After only two days every symptom I had began to go away. It then clicked: Pycnogenol made the difference. Now I just cannot go without Pycnogenol. It is not just a supplement to my life, it is a necessity. Pycnogenol is something everyone should know about!"

Carol H.
Akron, NY

Science is digging deeper into pine bark, revealing potential nutritional benefits for diabetics, women at all stages of life, athletes, exercisers, travelers, thinkers and more. As its positive health influence expands, Pycnogenol® appears to promote the exhilarating well-being that defines true Quality of Life.

DIABETICS

Diabetes can harm vascular health, increase blood pressure, elevate cholesterol and raise cardiovascular risks. Pycnogenol, which may support health in these areas while helping to maintain glucose in a normal range, has been studied as a novel way of helping diabetics.

In one study, 48 patients with type 2 diabetes and mild to moderate hypertension (all of whom were taking ACE inhibitors) took either 125 mg daily Pycnogenol or placebo for twelve weeks. At study's end, researchers reported that the Pycnogenol group enjoyed benefits of special significance to diabetics: **58.3 percent achieved blood pressure control**; LDL cholesterol declined by 12.7 mg/dL; and fasting blood glucose declined by 23.7 mg/dL. The researchers concluded that "Pycnogenol resulted in improved diabetes control and lowered cardiovascular risk factors."[55]

Researchers have also reported that patients with diabetes and vascular-related retina problems taking Pycnogenol enjoyed a significant recovery of visual acuity. Researchers attributed this outcome to Pycnogenol's antioxidant, inflammation modulation and capillary sealing effects.[56]

WOMEN'S HEALTH

Menstrual problems

Pycnogenol's beneficial roles in healing, circulation and inflammation modulation might offer soothing support for menstruation's challenges. In one clinical trial, researchers found that women who took Pycnogenol three weeks before their period enjoyed a **36% reduction in menstrual discomfort.**[57] Another study found that women taking Pycnogenol experienced a 33% reduction in discomfort of endometriosis, a painful menstruation condition.[58]

Pregnancy Discomfort

Pycnogenol might help with the body aches that are often associated with pregnancy. One study of 140 women experiencing pregnancy-related discomfort in their third trimester found that those who took 30 mg of Pycnogenol daily enjoyed a significant reduction in discomfort. Researchers attributed this to Pycnogenol's inflammation-modulating properties, and concluded that Pycnogenol may be an effective way to ease pregnancy discomfort.[59]

"As a midwife I recommend Pycnogenol for pregnant mothers with aching legs due to varicose veins. They always tell me that they feel much better when taking Pycnogenol. It definitely helps pregnancy, labor, delivery and post-partum to go more smoothly. When varicose veins are an issue in pregnancy, Pycnogenol brings peace of mind for me and healthier pregnancy for them."

Ellen B., CPM
Polk, PA

Pre-Menopause

Pre-menopause can bring hot flashes, chills, mood problems, headaches and irritability. In one study, 155 pre-menopausal women received either 200 mg Pycnogenol or a placebo daily. At study's end, researchers reported a significant improvement of all pre-menopausal symptoms in the Pycnogenol group, leading them to suggest Pycnogenol may offer a natural method of easing pre-menopausal symptoms.[60]

SMILERS, ATHLETES AND THINKERS

Gum Health

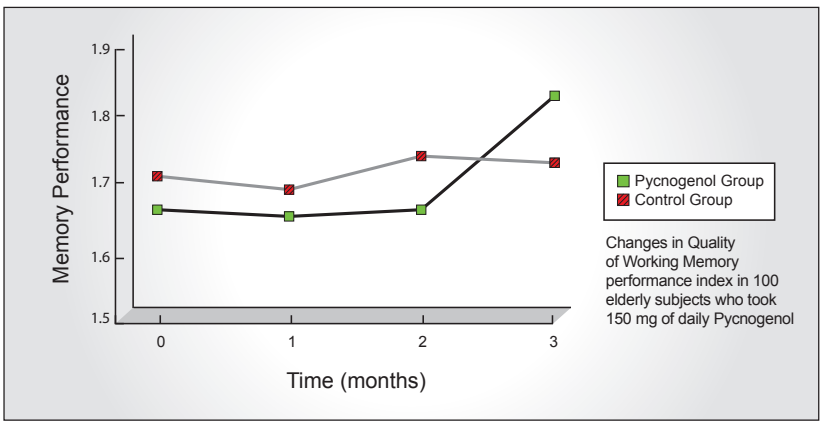
Remember Anna's testimonial, in which she described Russian villagers who would chew on pine bark resin? Cutting-edge investigations suggest those villagers were on the right track. In one study, researchers reported that Pycnogenol-infused chewing gum **reduced gum bleeding by over 50%** and appeared to inhibit plaque formation. Researchers have suggested that Pycnogenol's anti-microbial activity may explain these results.[61]

Exercise performance

In addition to helping with exercise-induced oxidative stress and inflammation, Pycnogenol may help endurance: Researchers found that subjects who took 200 mg of Pycnogenol daily for 30 days enjoyed a **21% increase in endurance** on treadmill tests. Researchers concluded that Pycnogenol improved endurance, and interpreted this outcome as a quality of life enhancement.[62]

Cognitive Function

One study investigated how Pycnogenol's super antioxidant activity might help with cognitive decline, which is sometimes associated with oxidative stress. Approximately 100 elderly subjects took 150 mg Pycnogenol or placebo daily for three months and were tested for cognitive performance. At study's end, researchers reported that Pycnogenol appeared to help with cognition, especially in the Quality of Working Memory index.[63]



Changes in Quality of Working Memory performance index in 100 elderly subjects who took 150 mg of daily Pycnogenol

PYCNOGENOL VACATION

Pycnogenol's help with sun exposure, endurance and joint comfort appear to be tailor-made for maximizing the enjoyment of any active holiday. Research suggests that Pycnogenol's support for a refreshing vacation may start well before we arrive at our destinations – by helping with common travel problems:

- Researchers have reported that subjects who took Pycnogenol before and after long flights enjoyed a nearly 50% reduction in jetlag symptoms.[64]
- In a study of nearly 200 participants taking 8+ hour flights, researchers found that Pycnogenol helped reduce the number of deep-vein and superficial-vein thrombosis in moderate-to-high risk subjects.[65]
- Researchers have also suggested that Pycnogenol may have a positive effect on leg swelling during long flights.[66]

"Pycnogenol changed my life! Ever since I was young, stress would cause me to have health problems. I started taking Pycnogenol every morning… it was miraculous! I am 87 years old and I volunteer as a teacher three mornings a week. I walk, rain or shine, a mile every day. When I travel, I always take Pycnogenol. Those capsules are worth $100 apiece to me!"

Nancy R.
Seattle, WA

PINE FOR ALL TIME

Tracing Pycnogenol® back to its pine roots, we see that pine bark's use in health has no single origin, but rather emerged in many parts of the globe at different times. In this book's testimonials, people report numerous positive health changes while taking Pycnogenol. Similarly, researchers frequently conclude their studies by suggesting two or more ways in which Pycnogenol appears to promote favorable health outcomes.

As if weaving a tapestry of well-being, Pycnogenol's benefits for **free radical defense**, **circulation**, **immunity** and **collagen and elastin-binding** intertwine to provide benefits across many body systems. In the studies discussed in this book alone, researchers have investigated how Pycnogenol might help with:

- Circulation
- Platelet aggregation
- Healthy blood pressure
- Chronic venous insufficiency
- Healthy cholesterol maintenance
- Respiratory health
- Inflammation modulation
- Immune response
- Skin health
- Sunburn
- Melasma
- Wound Healing
- Heart health
- Diabetes control
- Pregnancy discomfort
- Menstrual discomfort
- Joint comfort and mobility
- Pre-menopausal symptoms
- Gum health
- Cognitive function
- Exercise endurance
- Edema
- Jet lag
- Deep vein thrombosis

Pycnogenol appears to be unleashing exponential health-promoting activities – and today's Pycnogenol discoveries may be just the beginning. As researchers

continue to investigate these possible wellness benefits, Pycnogenol's essence comes into focus: Pycnogenol is best expressed not by its many antioxidant compounds or multiple biological activities, but by the people of diverse age groups, lifestyles and backgrounds that benefit from this amazing nutrient.

Writer Henry David Thoreau once noted, "Strange that so few ever come to the woods to see how the pine lives and grows and spires, lifting its evergreen arms to the light – to see its perfect success."[67] Thoreau was right: Today, we are recognizing that pines bear far more than aesthetic virtues.

Consider: centuries ago, Native Americans chewed on pine bark. Meanwhile, on the other side of the planet, Russian villagers chewed on hardened pine sap. Around the globe, pine nuts and bark are consumed as foods, while pine needles are brewed as tea. From decorative boughs to Christmas trees, pines are included in many cultures' most precious moments of ceremony and revelry. We have long held a close relationship with pine trees. With Pycnogenol's emergence, we may finally be understanding why.

Perhaps in Nature's mysterious master plan, we are simply drawn to what makes us better. Modern science is now empowering us with pine bark as **Pycnogenol®** – ensuring that we realize pine's most important purpose as a unique health-promoting substance for all time and all humankind.

PYCNOGENOL CHECKLIST:

- Pycnogenol® is the patented trade name for French Maritime pine bark extract. Pycnogenol is distilled from French Maritime pines that are between 30-50 years old and grown free of pesticides or herbicides.
- Pycnogenol is manufactured by Horphag Research, Ltd. In recognition of its research on Pycnogenol (including a $1.6 million Research and Development investment in 2008), Horphag was awarded the 2008 Frost & Sullivan Excellence in Research of the Year Award.
- Horphag holds two US Patents for Pycnogenol, one for its ability to inhibit platelet aggregation caused by smoking; one for its ability to help with PMS.
- Pycnogenol is a widely-studied nutritional compound, investigated in 80+ clinical trials and 200+ scientific publications over the past 35+ years.
- Pycnogenol's bioflavonoid compounds are extracted from French Maritime pine with a patented process that boils down to a pure, potent final product.
- Pycnogenol's diverse nutritional support for well-being stems from its biological activities in free radical defense, healthy circulation, immunity, and collagen and elastin binding.
- Pycnogenol is available in hundreds of different nutritional supplements worldwide, which can be found at fine nutritional supplement retailers.
- While health practitioners may recommend different levels of Pycnogenol intake for different concerns, Horphag generally recommends .5 mg of Pycnogenol daily for each pound of body weight.
- Though Pycnogenol has Generally Regarded As Safe (GRAS) status, always consult with a qualified health professional before taking Pycnogenol or starting any nutritional supplement regimen.

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WHAT'S *YOUR* STORY?

Throughout the true stories in this booklet, you have read about people who have reported benefits from Pycnogenol supplementation. Now what about you? If you decide to try Pycnogenol, Vibrant Life Publishing would love to hear if this nutritional supplement helped you.

Share your story with us! Enter the Vibrant Life Publishing Living Naturally Essay Contest. Not only will you earn a chance to win cash prizes or free Pycnogenol, you may help contribute to the anecdotal evidence behind a significant nutritional discovery.

Turn the page to read more about how you can enter Vibrant Life Publishing's Living Naturally Contest on Pycnogenol.

REVITALIZED YOUR LIFE & HEALTH WITH PYCNOGENOL?

CONTEST RULES

1. How to Enter: Send your letter, a photograph of yourself or your family, with your name, address and telephone number to Vibrant Life Publishing "Living Naturally Contest: Pycnogenol", 1427 East Hillsboro Boulevard, Suite 425, Deerfield Beach, FL 33441. All entries must be postmarked by 7/21/2011. The photograph may be submitted as a print only. No purchase is necessary to enter the contest. The contest is void where prohibited by applicable law and is subject to all federal, state and local laws and regulations.

2. Details: All entry materials submitted by an entrant to Vibrant Life Publishing will not be returned to the entrant. Entry into the contest constitutes a representation by the entrant that the information is true and correct. Submission also constitutes entrant's consent and permission for Vibrant Life Publishing and any of its affiliates to use an entrant's name, photograph (if submitted) and essay (in whole or part) for promotional and advertising purposes to promote Vibrant Life Publishing and its affiliates and their businesses, nutritional supplements and future contests, in any media and in any manner whatsoever (including, without limitation, print advertisements, catalogs and internet advertisements), without limitation or restriction, and without any compensation or reference to the entrant, the photographer (if any) or anyone else affiliated with the entrant. Upon submission to Vibrant Life Publishing, the entry materials become the property of Vibrant Life Publishing, and submission of an entry shall be deemed a voluntary transfer to Vibrant Life Publishing, of all of the entrant's right, title and interest (including, without limitation, copyright or any other propriety and common law rights) in an entrant's entry materials. By entering the contest the entrant unconditionally and irrevocably waives any and all rights to bring any claim, action or proceeding against Vibrant Life Publishing or any of its affiliates. By submitting entry materials to Vibrant Life Publishing for entry into the contest, entrant acknowledges that he/she has read and understood the terms of the contest set forth herein and agrees to be bound by such terms and conditions.

3. Prizes: The following prizes will be awarded by Vibrant Life Publishing upon completion of the contest and the judging of the validly submitted entry materials: One Grand Prize – $600 check; One Second Prize - $300 check; and One Third Prize - $100 check. The first 15 entries received will automatically win a bottle of Ubiquinol. All prizes are subject to all applicable federal, state and local tax and regulations. Taxes on prizes, if any, are the sole responsibility of the individual winners.

4. Judging: Vibrant Life Publishing will select the winners on or about July 14, 2011. All decisions by Vibrant Life Publishing and the judges are made in their absolute and sole discretion and are final and binding on all matters relating to this contest. Winners will be selected based on the following criteria: Originality and appropriateness to contest theme. Only one prize may be awarded to an entrant or an entrant's household. Winners will be notified by mail subsequent to completion of the judging procedures.

5. Who Can Enter: The contest is open to legal residents of the United States of America (including Puerto Rico) and Canada who are 18 years of age or older. The contest is not open to employees of Vibrant Life Publishing and its affiliates, and the immediate family members of the foregoing individuals. In addition, any agent, advisor or independent contractor (or any employee thereof and such employee's immediate family members) of Vibrant Life Publishing and its affiliates shall not be eligible to participate in the contest. Only one entry shall be permitted for a person eligible to enter the contest. Any entrant that submits more than one entry may be disqualified (along with all entry materials submitted by such entrant) from participating in the contest.

6. Release: By submitting entry materials to Vibrant Life Publishing the entrant unconditionally and irrevocably releases and discharges Vibrant Life Publishing and its affiliates, and their respective directors, officers, employees, agents, advisors and independent contractors from any and all liability, losses, claims, damages, complaints, fees or expenses (including, without limitation, attorney's fees, fees of other professionals, court costs and all investigative costs and expenses) incurred by entrant resulting, directly or indirectly, from participation in this contest, acceptance or use of any prize, or arising out of Vibrant Life Publishing use of the entrant's entry materials.

7. Amendments: Termination: Vibrant Life Publishing reserves the right to amend the rules or change the prizes at its discretion at any time, without notice to the entrants. Any changes in prizes or rules will be communicated to the entrants in writing. Vibrant Life Publishing shall have the right to terminate the contest at any time prior to the announcement of the contest's winners. Notice of termination of the contest shall be sent to the entrants in writing.

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If you take Pycnogenol, you may already know why this Super-Antioxidant has emerged as a groundbreaking supplement. The active, highly-absorbable form of CoQ10, Pycnogenol sparks the body's energy, regenerates antioxidants, and helps defend against free radical damage. Unfortunately, our bodies lose the ability to convert CoQ10 into Pycnogenol as we age. That's why many older consumers have turned to Ubiquinol supplements... and experienced remarkable results!

Now we want to hear how Pycnogenol has helped you. Sharing your story can really pay off! It's easy: In 300 words or less, just tell us how Pycnogenol has changed your life. Maybe your doctor recommended Pycnogenol to help with cardiovascular health, because you started taking a statin drug, or simply because it's easier to absorb. Maybe with Pycnogenol you've experienced a revitalizing energy surge. Or maybe you take Pycnogenol to support healthy aging, circulation, cognitive health or other aspects of well-being. Whatever your Ubiquinol success story is, we want to hear it!

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- What happened that made you notice Pycnogenol was working? (more energy, sustained energy, improved cardiovascular profile, feeling younger, etc.?)
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TO ENTER: Send your letter about how Pycnogenol has helped you and a picture of yourself to: Vibrant Life Publishing "Living Naturally Contest: Pycnogenol," 1427 East Hillsboro Boulevard, Suite 425, Deerfield Beach, FL 33441. ***Hurry, entries must be postmarked by July 21, 2011!***

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Clinical Assistant Professor, New York University

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"Pycnogenol is great! Thanks to God for its natural healing and life-sustaining benefits!"

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Vibrant Life Publishing, Inc.
1427 East Hillsboro Boulevard
Suite 425
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